

Our team has been vaccinated against COVID-19!



WWW.TAYLOR-REHAB.COM

Don't Let Lower Back Pain Slow You Down!



INSIDE

Treatment for Herniated Discs
Spring Gardening Tips
Upcoming Free Workshops



Don't Let Lower Back Pain Slow You Down!

Are you struggling with severe lower back pain? Did you injure your back when bending or twisting? You could be suffering from a herniated disc.

A herniated disc is one of the most painful back injuries that you can experience, and it is far more common than you may be initially aware of. A herniated disc is commonly associated with severe or sharp pain starting in the lower back (or neck) radiating down the leg (or arm). It can be so intense that people struggle to do everyday activities.

Call Taylor Rehab Physical Therapy today to make an appointment. With guidance from our physical therapists, you can find solutions to your pain and get back to living the life you enjoy!

Treatment for Herniated Discs

If you suspect that you may have a herniated disc, contact a physical therapist right away. Attempting to engage in therapy at home could lead to further injury. It is best to have an experienced therapist assess your injury before attempting any treatment options.

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. A combination of passive and active techniques is typically employed, including:

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution.

Advice to Stay Active

It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Therapeutic Interventions

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Repeated motion exercises
- Proper stretching exercises
- Strength exercises
- Manual therapy techniques for pain relief and improved mobility
- Electro-Dry Needling or Class IV Deep Tissue Laser for faster healing and quicker pain relief

Call today and schedule your next visit to our clinic.

We want to help you!

Call us at (704) 610-4189 (Gateway)
or (704) 318-4071 (Morrison)



Spring Gardening Tips

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting



Spring Asparagus Risotto

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

Refer a Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Taylor Rehab Physical Therapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



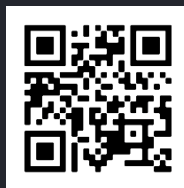
Another 5 Star Review!



"Team of knowledgeable, professional and kind staff. Provide a variety of treatment options: cupping, laser, manipulation, needling. Have an app with videos of all exercises and stretches your therapist prescribes. Look forward to PT and wish I went every day!"
- Grace Z.



Help us help more people in our community by leaving a Google Review



Gateway



Morrison

Happy Graduation Day!

Geff says Taylor Rehab is "very professional" and the staff "focused on issues I had."

We love to see him doing well and encourage you to reach out to Taylor Rehab if you are having any persistent aches and pains!



"Aaron and his assistants were wonderful to work with. They explained what each exercise does and how it benefits my injury. Taylor Rehab is a great place for physical therapy and the people are very friendly. Highly recommend!"



"The staff at Taylor Rehab were great at helping me with my knee pain. They are good at listening, answering questions and giving me new exercises specific to my situation."



www.taylor-rehab.com

Upcoming Free Workshops



Free Rotator Cuff Workshop

April 9th
10:00 AM

167 Gateway Blvd. Mooresville, NC 28117



Free Back Pain Workshop

April 19th
6:15 PM

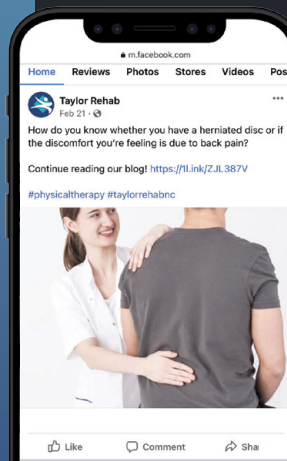
167 Gateway Blvd. Mooresville, NC 28117

At these workshops, you will learn how to get back to normal life naturally without medications, injections, or surgery!

Register by visiting taylor-rehab.com today!
Limited spots available.

Follow Us On Facebook!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!



Pictured in the image to the left: Taylor Rehab showing how easy it is to check out our free health blog!



SCAN ME

facebook.com/TaylorRehabPT